

# NHS Pharmacy First Scotland



**NHS Pharmacy First Scotland** is an NHS service provided by your local community pharmacy. It should be the first place to go for advice if you have a minor illness. You don't need an appointment. The pharmacist can give you advice and medicine if they think you need it.

You can use **NHS Pharmacy First Scotland** if you are registered with a GP practice in Scotland or you live in Scotland.

A pharmacist can give you advice and treatment (if you need it) for minor illnesses such as the following:

**Acne, Allergies, Athlete's foot  
Backache, Blocked or runny nose,  
Cold sores, Constipation, Cough, Cystitis (women aged 16 and over)  
Diarrhoea, Earache, Eczema  
Headache, Haemorrhoids (piles), Hay fever  
Impetigo, Indigestion  
Mouth Ulcers, Pain, Period pain  
Sore throat, Threadworms, Thrush  
Warts and Verrucas.**

Pharmacists, like GPs, can only provide certain medicines and products on the NHS. If you want a specific medicine or product, you may need to buy it.

If the pharmacist thinks it is better for you to see your GP, they may refer you directly or advise you to make an appointment.

When you visit the pharmacy, the pharmacist (or one of their team) will ask you for some information, including your name, date of birth and postcode.

The pharmacist will: ask you about your symptoms; give you advice about your condition; provide medication or may refer you to another health care professional.

For more information contact: your local pharmacy or visit [www.nhsinform.scot](http://www.nhsinform.scot). You can also call **0800 22 44 88** (calls from a landline are free) for further information.